

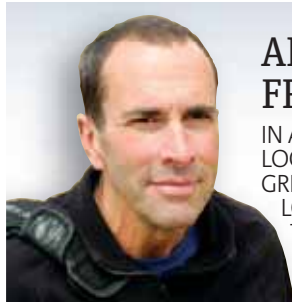
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AFTER 7 WEEKS, FREED AT LAST

IN AN UNEXPECTED MOVE, LOCAL FILMMAKER JOHN GREYSON, PICTURED, AND LONDON, ONT.-BASED DR. TAREK LOUBANI HAVE BEEN RELEASED FROM A CAIRO PRISON **PAGE 3**

Migrant death toll climbing off Italy's coast

Divers find dozens more bodies of asylum-seekers from Eritrea near tiny island of Lampedusa **PAGE 6**

Here I am, now hook me up

Location-based mobile marketing — in which consumers can sign up for texts that will alert them to nearby deals from retailers — moves into Canada **PAGE 9**

Is MASH finale fair game yet?

Spoiler alert: If you're seasons behind on your favourite show, you're not going to like this column **PAGE 11**

Will T.O. take a cue from Austin?

Changing our tune. 'Live Music Capital of the World' offers lessons in how to boost our own scene

In Austin, as in most cities, music fans can go to little bars to discover up-and-coming local bands. If they're hung over, though, they can just call city hall and ask someone to put them on hold for an hour.

Toronto's government uses a straight-outta-1987 generic keyboard instrumental as its hold music. Austin's uses songs by hometown artists.

It's one of the many ways that the self-proclaimed "Live Music Capital of the World" assists its music industry in ways Toronto does not.

Austin has an official music division that works to promote the area

scene and help the people involved navigate city hall. Musicians perform on its council floor during scheduled breaks from meetings. Councillors pass musician-friendly parking policies. And the city happily hands over parks to music events.

Mayor Rob Ford led an official trip to Austin on Thursday and Friday that was intended to help Toronto's civic leaders understand just what it is that has made this city of 850,000 such a music mecca. While much of Austin's success has to do with organic factors — you can't replicate Willie Nelson — industry honchos believe it has outpaced Toronto in part because its government makes it easier than

ours for innovators to thrive.

"The city of Austin is better at saying 'yes' than 'no,'" says Michael Hollett, president of Toronto's North by Northeast festival, which was inspired by Austin's South by Southwest. The Austin City Limits festival Ford raved about, Hollett notes, takes over a big urban park.

"There certainly hasn't been the will from the city (of Toronto) to be flexible to using parks in that way," Hollett says. "Can you imagine if someone proposed High Park or Riverdale or something like that?"

Music Canada president Graham Henderson says he believes Toronto will soon announce that it is opening its own music office; the city already has a film office.

**TORSTAR
NEWS
SERVICE**



Mayor Rob Ford at the Austin City Limits festival on Friday.
DANIEL DALE/TORSTAR NEWS SERVICE



THEY'RE PIPING MAD

Gord Downie performs at the Rock the Line concert in protest of Enbridge's Line 9 oil pipeline proposal Sunday at Mel Lastman Square. About 2,000 concerned Toronto residents attended the protest concert against the proposal, which would see flow reversed on the pipeline to pump crude oil and chemical-laced "bitumen" from the Alberta tarsands to markets in the east. LUCAS OLENIUK/TORSTAR NEWS SERVICE

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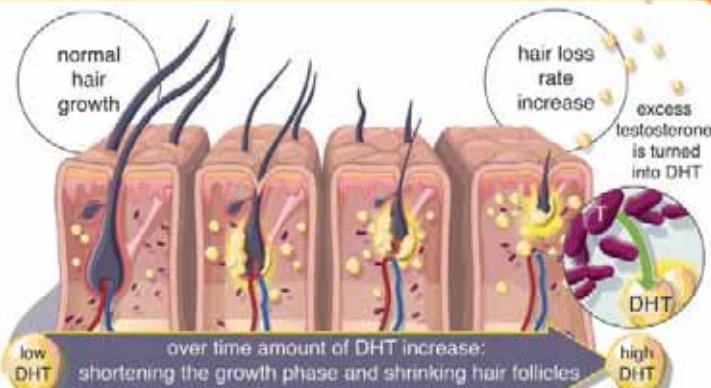
STOP HAIR LOSS

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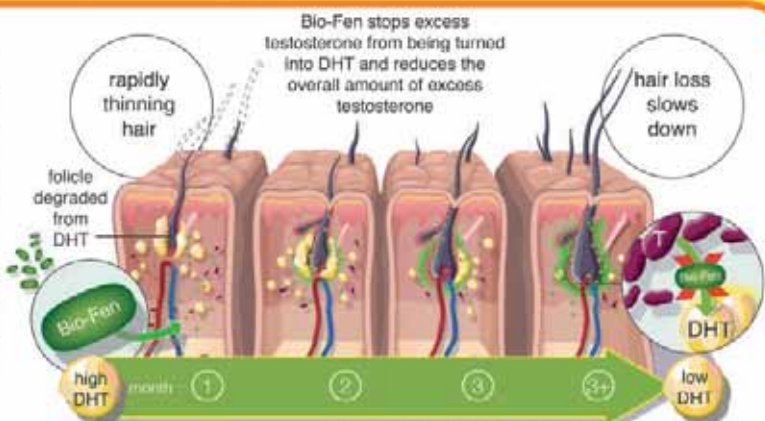
What Causes Hair Loss?

Hair loss is caused by multiple factors; health, medication, diet, stress, illness and hereditary genetics. One major reason is hereditary genetics which determine our potential hair loss condition. Some people see hair loss in their 20's, while others see little hair loss over their lifetime. An enzyme called 5-alpha reductase converts testosterone into dihydrotestosterone (DHT), which inhibits hair production and degrades the follicles over time. This condition is known as androgenic alopecia (AGA), also called male and female pattern baldness. As DHT attack the hair follicles it will lead to thinner and more fragile hair as you age.



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Fatal stabbing

Teen slain during Nuit Blanche

A night of free art and revelry took a tragic turn for a 19-year-old man, who was stabbed to death early Sunday amid the lights and crowds of Toronto's Nuit Blanche festival.

Police have yet to name the victim, who was killed outside the Opera House near Richmond and York streets at around 2 a.m.

Friends have identified him online as Rameez Khalid, a "funny guy" who was "taken too soon."

Homicide Det. Scott Whittemore said police are seeking a group of five or six young men, who appear to have had a "very short" confrontation with the victim and his friend.

Police believe the same two groups were involved in an earlier altercation at an impromptu rave around the corner at University Avenue and Queen Street W.

Whittemore could not confirm what prompted the scuffle, but said, "We think it was just maybe bravado."

He said police have obtained surveillance footage from surrounding hotels, but the crowds have made it difficult to nail down a "clean description" of the suspects.

"There were just so many damn people out there last night," he said.

TORSTAR NEWS SERVICE



Police comb the scene of an earlier altercation at University Avenue and Queen Street W.

LUCAS OLENIUK/TORSTAR NEWS SERVICE



John Greyson, left, and Tarek Loubani have been freed by Egyptian authorities. The two Canadians were arrested Aug. 16 in Cairo. **TORSTAR NEWS SERVICE**

Canadians released from Cairo prison

Unexpected freedom. Men recovering from a hunger strike, waiting for travel documents

The two Canadians released from a Cairo jail early Sunday are recuperating in a hotel after their painful collision with the upheaval in Egypt.

Tarek Loubani, an emergency-room doctor from London, Ont., and Toronto filmmaker John Greyson are "resting and getting acclimatized" to their unexpected

freedom while waiting for the documents needed for them to come home after their seven-week ordeal, said Greyson's sister.

Cecilia Greyson said that the two men were "getting back to eating solid food slowly, under a doctor's supervision." They had staged a hunger strike toward the end of their detention, living on juice and water for two weeks. She said they have yet to make travel plans.

However, The Associated Press reported Sunday that the pair were prevented from flying out of Cairo, their

names having appeared on a "stop-list" issued by prosecutors. The news agency attributed that information to airport officials.

Loubani and Greyson were seized by police on Aug. 16 during a stopover in Cairo while en route to Gaza, where Loubani was to teach medical students while Greyson would film the project. As the riots in Cairo grew violent, Loubani responded to pleas for medical assistance while Greyson recorded the mayhem.

During their 49 days in detention, they were slapped,

beaten, ridiculed, "hot-boxed," kicked and accused of being foreign mercenaries, according to a statement smuggled from the jail and published last weekend.

Loubani's brother Mohamed said an aide to the Egyptian Interior Minister visited them shortly before their release and spoke of "misunderstandings."

Cecilia Greyson said Canadian and international support for the men had been crucial during their ordeal, although they, being cut off from the world, were unaware of it. **TORSTAR NEWS SERVICE**

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Passing the buck: Holes in oversight of unlicensed daycares

Who's in charge here?

Regional health officials forwarded complaints to province, but Ontario has limited power over unregulated daycares

Provincial rule

5

Under provincial legislation, these daycares are only governed by one rule: no more than five unrelated children under age 10

unsanitary conditions.

Public health complaints to five unregulated home daycares in Halton Region over the past two-and-a-half years highlight gaps in oversight of health and safety for children in unlicensed care.

Records of the complaints obtained by Torstar News Service show children in three Oakville and Burlington homes may have been exposed to a host of health and safety hazards, including a backyard pool, a rodent infestation and other

But regional health officials admit they don't know for sure, because inspectors routinely refer complaints about unregulated daycares to the province — even though Education Minister Liz Sandals acknowledges her ministry has no power to investigate or close these homes for health violations. Under provincial legislation, these daycares are only governed by one rule: no more than five unrelated children under age 10.

"They are the lead agency for dealing with these complaints," said Matt Ruf, director of health protection for Halton Region, confirming his agency did not visit three of the five sites flagged for health and safety concerns by the public.

Under the Day Nurseries Act, the province has no jurisdiction over unregulated home child-care businesses, unless the operator is caring for more than five unrelated children under age 10 — and then only if someone complains.

"I would fully expect them to be phoning Children's Aid or to phone us back (if there's a health concern)," said Ruf. "I don't think their staff would just walk away and say: 'Well, they've got enough kids. It's fine.' ... If they need our assistance, obviously we would be there." **TORSTAR NEWS SERVICE**



Um, I think you may have some sauce on your face

Japan's Takeru Kobayashi defends his pizza-eating title at Pie Wood Fired Pizza Joint in Barrie Sunday. The 127-pound Kobayashi ate 42 slices of pizza (10.5 one-pound pizzas) in 12 minutes, beating Patrick (Deep Dish) Bertolotti from Chicago, who ate 39 slices, and Jamie (The Bear) McDonald from Hartford, who ate 38 slices. **STEVE RUSSELL/TORSTAR NEWS SERVICE**

Muslim women. HIV/AIDS activist honoured

Fanta Ongoiba has spent the last two decades pulling back the veil on one of Islam's most delicate cultural taboos: sexual health.

"HIV/AIDS doesn't discriminate," Ongoiba said. "The way the women are wearing the veil, hijab, to cover themselves, HIV can also be covered this way."



Fanta Ongoiba

As the executive director of Toronto-based Africans in Partnership Against Aids, Ongoiba educates Muslims in the city and her home country of Mali about the importance of protection from sexually transmitted diseases. On Sunday, Ongoiba was honoured by the Canadian Council of Muslim Women for her efforts.

TORSTAR NEWS SERVICE

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Medical animator Joyce Hui works on the Chick Embryo Development, 21 Days to Hatching project, at AXS Studio in Toronto on Thursday. NICK KOZAK/FOR TORSTAR NEWS SERVICE

Toronto a hub for medical illustrators

Statistics. There are more in the profession here than any city on the continent

They have the brains of doctors and the eyes of artists.

Medical illustrators, once restricted to drawing black-and-white textbook diagrams, are 21st-century translators of science. They now create video games, iPhone Apps and even 3D animations to communicate scientific ideas to surgeons, students and patients alike.

And according to a North American tally, Toronto is their home base.

Toronto has more medical illustrators than any city on the continent, according to membership statistics kept by the Association of Medical Illustrators, the field's biggest professional organization.

With 48 members in Toronto, the closest Canadian city is Montreal with one member. Chicago is the next closest city with 30.



An image gets edited in the program After Effects at a medical studio in Toronto. NICK KOZAK/FOR TORSTAR NEWS SERVICE

This doesn't come as a surprise to those in the biz.

"It's mainly due to the concentration of human resources — the people trained to work in the field," said Marc Dryer, the acting chair of the University of Toronto's biomedical communications program.

"Toronto has become a global neighbourhood of sorts for medical illustration. A lot of our students start their own businesses

here," Dryer said.

Toronto is the lone place in Canada to study medical illustration at the graduate level, and U of T is one of only four universities that teach it in North America.

Last year, 67 science undergrads applied to the biomedical communication masters program by mailing in art portfolios alongside transcripts. Only 16 made the cut.

TORSTAR NEWS SERVICE

Digital-billboard war brews

The battle for eyeballs and outdoor advertising space in Toronto is heating up once again, just four years after the city enacted a new sign bylaw.

At the centre of it all are digital billboards.

Opponents call them "visual pollution." They say

they pose a dangerous distraction to motorists and emit vast amounts of light that could potentially disrupt the sleep of thousands of downtown condo dwellers.

On the other side is the outdoor sign industry. It says there is no statistic-

ally significant link between electronic signs and car crashes and that the brightness of the signs can be adjusted within specific limits.

Digital signs contribute to the vibrancy of the city, they say.

TORSTAR NEWS SERVICE



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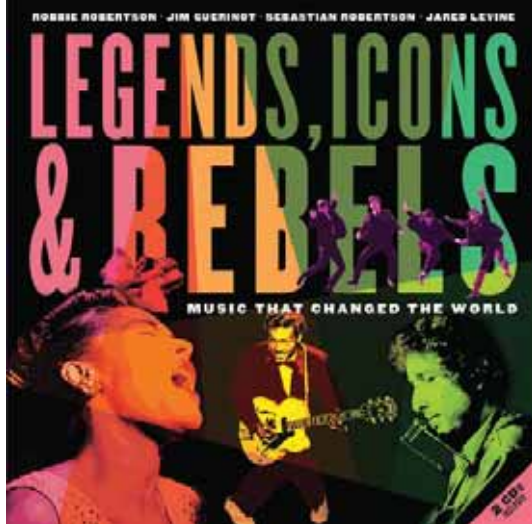
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Doctor's orders

President of Argentina to rest after brain injury

Doctors prescribed Argentinian President Cristina Fernandez a month's rest after finding blood on her brain from a head injury.

Leaving the campaign trail just three weeks before nationwide elections could prove politically risky. **THE ASSOCIATED PRESS**

Mexico mishap

Monster truck rolls over crowd

An out-of-control monster truck shot into a crowd of spectators at a Mexican air show in Chihuahua, killing at least eight people and hurting 80 others, dozens seriously, officials said.

Carlos Gonzalez, spokesman for the Chihuahua state prosecutors' office, said the driver appeared to have lost control of the truck after leaping over a pile of cars it was crushing during a demonstration at the "Extreme Aeroshow" on Saturday. **THE ASSOCIATED PRESS**



Spectators run from a monster truck. **THE ASSOCIATED PRESS**



Italian and Eritrean migrant boys play football on Sunday where boats formerly used by immigrants arriving in Lampedusa, Italy, lie disused. The search for bodies continues off the Italian coast. **TULLIO M. PUGLIA/GETTY IMAGES**

Italy looks to Europe as migrant bodies surface

Lampedusa tragedy. Tens of thousands of migrants from Africa and the Middle East arrive each year seeking refugee status

An Italian government minister born in Africa watched wordlessly Sunday as soldiers wearing face masks carried body bags containing migrants from her continent who perished when a fishing boat transporting 500 asylum seekers from Eritrea sank within sight of the tiny island of Lampedusa.

Divers recovered 70 more

European partners

"The Mediterranean cannot remain a huge cemetery under the open skies."

French Foreign Minister Laurent Fabius

bodies after seas calmed enough to resume search operations after a two-day suspension, increasing the death toll to at least 181. More than 150 others are presumed to be missing, trapped in the wreckage about 50 metres below the surface.

Italy has been receiving signs of solidarity from its European partners. French

Foreign Minister Laurent Fabius said Europe must act to stem the migrant tragedy, adding that both France and Italy have asked that the subject be placed on the agenda of Tuesday's EU interior ministers' meeting.

"We cannot deal with this tragedy alone, but together with Europe," said Italy's integration minister Cecile Kyenge. "We must give answers to those who flee, need protection, and come here for help."

The fishing boat carrying the migrants sank early Thursday after passengers, panicked by flames set to draw attention, bolted to one side of the boat, capsizing it.

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UN. Fact-finder arrives in Canada to survey aboriginal concerns

A United Nations fact-finder is set to take stock of the plight of Aboriginal Peoples in Canada.

The UN has dispatched law professor James Anaya to speak to First Nations representatives and government officials as he drafts a report for the world body.

"The idea is to get a first-hand view of the situation of Aboriginal Peoples in Canada by hearing directly from as many as I can," he said.

As the UN's special rapporteur on indigenous rights, Anaya is responsible for promoting laws and policies that support indigenous peoples around the world. He will also look at their living conditions and issue reports and recommendations.

The rapporteur has no binding authority. Rather, he aims to shame governments



James Anaya THE CANADIAN PRESS

into action by bringing unacceptable conditions to light.

The federal government will get a chance to respond to Anaya's findings before a final report is circulated and presented next year to the UN Human Rights Council.

THE CANADIAN PRESS

Antarctica. Recovery uncertain for frozen remains of 3 Canadians

The frozen remains of three Canadians have been in the wreckage of a plane, partially buried in snow and stuck on the side of one of the highest mountains in Antarctica, for nine months.

The summer season is starting at the bottom of the world, and that was supposed to mean a mission to recover the bodies of the men could begin. But now there is confusion about who should co-ordinate the retrieval and it is unclear when, or even if, it will happen.

Judge Neil MacLean, the chief coroner of New Zealand, headed an inquest into the

Quoted

"It's almost a bit like if it happened in outer space, that there's no clear lines of authority."

Judge Neil MacLean, chief coroner of N.Z.

plane crash in June and ruled the three men must have died in the crash. He formally registered the deaths of 55-year-old Bob Heath, of Inuvik, N.W.T., 36-year-old Perry Andersen, of Collingwood, Ont., and 25-year-old Mike Denton of Calgary.

THE CANADIAN PRESS

Street battles kill dozens in Egypt

National holiday.

Festivities marred as security forces clash with Morsi supporters

Clashes erupted across much of Egypt between security forces and supporters of the ousted president on Sunday, leaving at least 34 killed, as rival crowds of supporters of the military and backers of the Islamist Mohammed Morsi poured into streets around the country to mark a major holiday.

The clashes took place on the same day when, 40 years ago, Egyptian forces crossed the Suez Canal at the start of the nation's last war with Israel.

The day has since been declared a national holiday. The military-backed government had wanted the anniversary celebration to be a tribute to the armed forces, whose chief ousted Morsi in a popularly supported coup on July 3.

But demonstrations across Cairo and much of the country by Morsi's supporters marred the festivities.

The demonstrators and security forces fought pitched street battles for hours in several Cairo locations that now look like combat zones, with small fires burning, black smoke rising and the sound of gunshots piercing the air thick with tear gas.

In some cases, the pro-Morsi demonstrators were set upon by supporters of the military. Authorities said they had arrested 335 Morsi sup-



Supporters of Egypt's ousted president Mohammed Morsi mourn their relatives killed during clashes with security forces in Cairo on Sunday. HASSAN AMMAR/THE ASSOCIATED PRESS

porters nationwide.

The clashes were the last chapter in the turmoil roiling the country since the ouster in February 2011 of longtime ruler Hosni Mubarak and are certain to set back efforts by

the government to revive the economy, especially the vital tourism sector, and bring order to the streets of Cairo, where crime and lawlessness have been rife.

The scene of the fighting

contrasted sharply with a carnival-like mood in Cairo's central Tahrir Square, where thousands of supporters of the military waved Egyptian flags and blew whistles.

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Not so funny, actually

Culprit dubbed
'poopetrator' at
a Yale college

Yale University hopes to solve a case of whodunit by identifying the stinker who has been soiling students' laundry by sticking human feces inside clothes dryers. The culprit, dubbed the "poopetrator", is being blamed for at least four incidents in the laundry room at Saybrook College.

THE ASSOCIATED PRESS

Air crew calls cops

Nine-year-old
stowaway flies to
Vegas, no ticket

A nine-year-old Minneapolis boy was able to get through security and onto a plane at the Minneapolis-St. Paul Airport without a ticket. Security screened the boy at the airport. He then boarded a flight to Las Vegas.

THE ASSOCIATED PRESS



Relay to Sochi underway

Russian President Vladimir Putin smiles while ceremonially lighting the Olympic flame with a torch at Moscow's Red Square on Sunday. The four-month relay to Sochi for the Winter Games got off to a rocky start Sunday when one of the torches went out. The glitch occurred when a torch bearer ran through a long passageway leading into the Kremlin, which apparently created a wind tunnel, extinguishing the flame. A man standing along the route pulled out a lighter and the flame leaped back to life. Apparently the problem was that the valve on the torch was not fully open. IVAN SEKRETAREV/THE ASSOCIATED PRESS

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Would you let Rogers know where you are for a bargain?



Aidan Nguyen poses for a photograph using his smartphone app in Toronto. Rogers has launched a service where its customers can sign up and get texts with deals when they're near a participating business. NATHAN DENETTE/THE CANADIAN PRESS

Thousands already have. Customers are sharing their location with the company in exchange for deals

When Aidan Nguyen was visiting Chicago last month he got 25 per cent off a meal simply by using the app Foursquare to "check-in" at a restaurant on his smartphone.

The self-described shopaholic said he's always looking for

What's next, mind meld?

"What geotargeting is starting to get is context. Where you are matters, but what marketers really want is intent."

Grant Packard, a professor at the School of Business and Economics at Wilfrid Laurier University, on the pluses and minuses of location-based marketing.

a good deal when he's out and often posts his location on his social networks.

Available for years in the United States and England, location-based mobile marketing is moving into Canada. This month, customers with Rogers Communications can sign up for text messages that will alert them to deals when they are near specific retailers.

Nguyen said he's willing to share his location in return for a deal.

"When you're walking around, then why not?" asked the 24-year-old Toronto public relations consultant. "If the offer is fitting for what I'm looking for, and it's a good promotion, I'll check it out."

Rogers said a few thousand people have already signed up for the option, which offers discounts at six retailers, including Rogers Wireless, Sears Canada, A&W Restaurants, The Second Cup Ltd., Future Shop and Pizza Hut.

THE CANADIAN PRESS

New tack. Grocers aim for healthy bottom line by offering healthier options

After years of relentless price wars, Canadian supermarket chains are experimenting with fresh ideas to fend off a new competitive threat, food stores for the health conscious.

While U.S. retailers like Target and Walmart have grabbed

much of the attention in Canada, another battle is being waged in the produce section, one of the few bastions of the food industry that hasn't been reduced to rock-bottom prices to attract customers.

THE CANADIAN PRESS



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SPECIAL INTEREST



NOT RAISING TAXES IS VOMIT-WORTHY

Way back in April, when asked about the release of a Metrolinx report laying out a series of possible taxes, fees and tolls that could be used to fund GTA transit, Toronto Mayor Rob Ford pretended to vomit.

The mayor was so disgusted by the idea of implementing what Metrolinx and the provincial government branded "transit revenue tools" that he leaned over and made a sound like bleargh.

But that was then. These days, the mayor is now in a position where he has to consider increasing taxes for transit.

Ford's much-loved and long-promised Scarborough subway extension is closer to reality than it's ever been. The mayor even got the stingy federal government to throw in for \$660 million. And that's on top of the \$1.48 billion pledged by Queen's Park.

But Ford's still short at least \$910 million in funding.



URBAN COMPASS

Matt Elliott

toronto@metronews.ca

That's no insignificant figure. To cover the bulk of those costs, the city manager recommends that the mayor and council issue debt and then phase in — at minimum — a 1.6-per cent property tax increase over the next three years.

The citywide levy will come on top of regular property tax increases needed to pay for other services.

Even if you're a big fan of this Scarborough subway, using property taxes to fund transit construction is a lousy strategy. So lousy, in fact, that during the apparently vomit-worthy Metrolinx consultation process on transit revenues last spring, virtually every GTA politician and community group rejected the

idea of directing property tax revenue toward transit construction.

And it was for good reason. While voters may flinch over the notion of a transit sales tax or gas taxes, at least those

are new revenues that rise and fall with inflation. Property tax revenue, on the other hand, doesn't rise with inflation and is already strained to cover basic programs and services.

But as much as I dislike city staff's recommended strategy to pay for this subway, I'm more worried that Ford may opt to not pay for it at all.

I worry that he won't have the stomach for it.

The worst case scenario would see Ford and a slim majority of council opt to both move forward with the subway and delay the funding decision, refusing to raise taxes enough to cover their debt payments.

It'd be one of the most fiscally irresponsible decisions in Toronto's history. It would hurl the city into budget crisis mode for a generation, squeezing every single public service and threatening the city's credit rating.

All for a three-stop subway extension.

It'd be enough to make you want to throw up.



Read more of Matt's blog, *Ford for Toronto*, at metronews.ca

ZOOM

Pass a thousand tonnes of salt



DIMITRI MESSINIS/THE ASSOCIATED PRESS

Abundance of salt in Greece is protected

Salt is collected at a production site in Messolonghi, western Greece. Salt lakes at Messolonghi are used for production by solar evaporation. The facilities are the largest salt works in Greece, and are located at a protected wetland complex of estuaries and lagoons. **THE ASSOCIATED PRESS**

In good taste

110,000

The Messolonghi production sites produce 110,000 tonnes of salt per year, which is enough to meet 40 per cent of Greece's needs.

Many European salt marshes have become exposed to industrial and agricultural pollutants, including pesticides and heavy metals. As a result, many of the marshes are protected under the EU's Habitats and Birds Directives.



Wheel traces are seen on a salt lake. DIMITRI MESSINIS/THE ASSOCIATED PRESS



WE ACT: CANADA DOES GOOD

Young environmentalist stirs change in Calgary

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Cassidy Robertson, 18, environmental go-to girl, (pictured on the left).

Where: Calgary, Alta.

What: Founded club.one, twenty, dedicated to making 120 community improvements and co-founded a local recycling plant.

Why: To reduce our ecological footprint by encouraging others to recycle, buy locally and respect nature.

What inspired you to get started? "I realized a lot of my peers didn't realize they could make a change. Our club has brought recycling bins into our school, cleaned up litter, and promoted Fresh Face Fridays, a day to empower young girls to come to school without makeup. As an advocacy campaign, I made my grad dress out of pop

tabs and have hosted a workshop on conscious consumerism — bringing awareness to consumers and showing them how to make their own deodorant."

Do you have any advice for people passionate about an issue? "I would tell them to just jump in. If they are passionate about the environment they should volunteer at environmental organizations.

You can learn a lot of things if you want to — I did that through volunteering."

What are your plans for the future? "Since graduation, I have co-founded Half Full Recycling Plant, where we turn plastic bottles into plastic pellets to get melted down into new plastic. I will also continue working as a youth co-ordinator at Empowering Minds, helping young people plan and execute their own projects and become leaders."

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The drama has just begun for Dana Brody

Troubled times.

Actress Morgan Saylor says her character will be facing even more trouble in the new season

**MEREDITH
ENGEL**

Metro World News in New York

Morgan Saylor is cheery when we get her on the phone, which, we have to admit, surprises us a little, given the fact that when we saw her character last week, she had (spoiler alert!) tried to kill herself.

"I'm not as depressed in real life," says the 18-year-old, who plays Dana Brody on *Homeland*. As the daughter of is-he-or-isn't-he alleged terrorist Nicholas Brody on the runaway Showtime hit, Saylor's character has undergone a lot in the past two seasons: allegations against her father, an accidental hit-and-run, the death of her boyfriend and, as we saw last week, a stint in rehab for a suicide attempt. And according to Saylor, the drama's only just begun.

Now in its third season, the show — which has won six Emmys and five Golden Globes in the two years it's been on — is dealing with the aftermath of a deadly explosion that left many supporting characters dead in the season two finale. Saylor says she was just as riveted by that episode as fans were.

"I remember reading it and freaking out," she says. "I really, really did. I thought it was such a brilliant script. I remember I texted Morena (Baccarin), who



Morgan Saylor stars in *Homeland*. CONTRIBUTED

plays my mom, and I was like, 'We are on the best show on TV,' because I was so amazed by this script. And she texted back, 'Are you drunk?' She thought I was just being weird and nostalgic."

Saylor doesn't offer too many hints into what we can expect in this new season — which she calls "really, really intense." She's about 10 episodes ahead of the general public and coyly tells us, "It's finally all spreading out. It's very exciting."

But back to the present: This season, she says, the

characters will be "picking up the pieces that were left after the explosion," an incident that was "especially hard on Dana."

This Sunday's episode focuses heavily on her character, as Dana juggles new experiences of heartache, loss, love and lust.

"She needs someone who understands what she's (going through)," Saylor says of her new beau, played by Dexter alum Sam Underwood. "As if being a teenager isn't enough!"

When *Homeland* heroine Claire Danes took home the best actress in a drama Emmy this year for her work as bipolar CIA agent Carrie Mathison, the cast joined Danes in celebrating after the awards, Saylor tells us.

"We all went to the Governors Ball. We scarfed down some food, which was nice. Then I went to an after-party. It was fun. It's always fun to hang out with everybody because I don't work that much with Damian or Claire, so it's a fun atmosphere to hang out with the gang."

The young star is content to keep as normal of a life as possible when she's not filming. She went to her prom this year and plans to study math at the University of Chicago, which she'll attend starting next September. (She deferred a year.)

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

It's wall good for Bieber in China and Lohan has parents banned



STARGAZING
Malene Arpe
scene@metronews.ca

While visiting China this week, Justin Bieber got carried up the Great Wall by his bodyguards. Before you get super-upset and start calling him an entitled brat, let's all remember that at least it's not as bad as the time when he made his entourage put him on a box so that he'd appear tall enough to ride the roller-coaster.

Michael Lohan and Dina Lohan are banned from the set of daughter Lindsay Lohan's reality show. That's a fantastic idea and it proves that Oprah's OWN really is in the business of caring. Except about ratings.

A sad week for science. A) Breaking Bad is over forever. B) Due to the U.S. government shut-down, most of NASA's activities are brought to a halt. C) Bill Nye is voted off Dancing with the Stars. D) Cher insists that ex-husband Sonny's ghost visits her and occasionally pulls a prank on her.

A new cellphone game will feature Vladimir Putin



fighting an army of zombies. No, it's not called The Walking Red.

Katy Perry says that boyfriend John Mayer is "literally a genius." If that's true you'd imagine he'd be able to teach her the correct use of "literally."

Poor Kim Kardashian was reportedly very "sad to say goodbye" to her three-month-old baby before leaving to take in the Paris fashion shows. It really is too bad there were no alternatives to her abandoning her child, such as A) Staying home. B) Remaining at home. C) Not going to Paris to look at clothes. D) Staying and/or remaining at home instead of going to Paris.

Apple has now passed Coca-Cola as the most valuable brand. And yet, in a game of Rock, Apple, Big Vat of Coca-Cola, Coca-Cola kills your iPhone every time.

O'Connor switches focus to Cowell and laments the 'murder of rock 'n' roll'

Sinead O'Connor appears to be moving on from Miley Cyrus — to Simon Cowell. "I feel sorry for the murder of music and rock 'n' roll, which has happened because of the industry, because of Simon Cowell, Louis Walsh. It all amounts to the murder of music," she said in an interview with Ireland's Late Late Show recently. "The power of rock 'n' roll to change things, to move people, is being murdered by all this worship of fame — Pop Idol, X Factor, all this stuff. What I'm worried about is it's all about the visual, the pyrotechnics, the tits out, shake your ass. It's not about the song. That to me is quite sad."



Sinead O'Connor. ALL IMAGES GETTY

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Travelling with your family? Here's a nutritious and inexpensive lunch that you can prepare in your hotel room.

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slices of bread and wrap each sandwich in tin foil.

The secret ingredient is the iron in your hotel room!

Press the heated iron on each sandwich for one minute and unwrap. Presto! Fabulous grilled cheese sandwiches for a fraction of what you'd spend in a restaurant. **EVELYN HANNON/YUMMYMUMMYCLUB.CA**

An apple a day

Rubber band trick

Sending an apple in your children's lunch boxes but want the slices to stay fresh and un-browned?

Simply cut an apple into sections, re-assemble it back into a "whole" apple again, and use an elastic band to keep the whole thing together.

It's like it had

never been cut—and there are no exposed parts to turn brown.

Brilliant and healthy!

LEAH LEITCH/YUMMYMUMMYCLUB.CA



Exclusively online

Mommy lives in fear of the common cold. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book *Reasons Mommy Drinks*, at metronews.ca/voices. Join the laughs on Twitter @mommyreasons



Mr. Sandman, bring my teen a dream — a nine-hour one

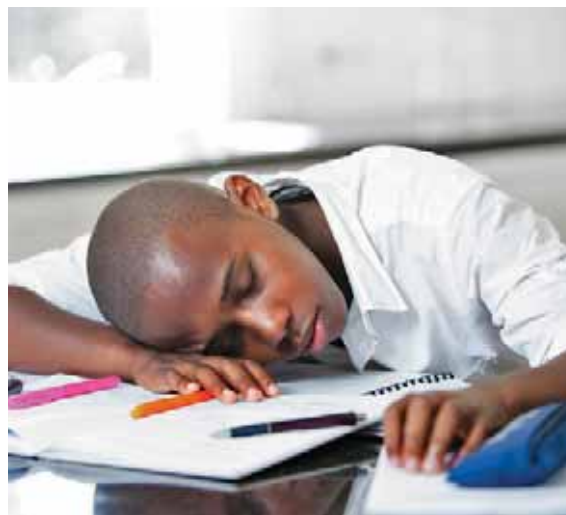
Tips. Help your teen have sweet dreams

ANDREA NAIR

yummymummyclub.ca

When parents bring teenagers to me for psychotherapy, one of the first things I ask about during the initial interview is the amount and quality of their sleep. I do this because I have learned that the majority of the teens I see are chronically sleep deprived, and this compromised state is wreaking havoc on their emotional stability, behaviour, patience and ability to focus. Their relationships, school marks, and health are suffering. Toddlers aren't the only ones who get cranky when tired.

Recent studies identified that teens are sleeping fewer hours as compared to 20 years ago, and showed that 60 per cent of teens will keep their cellphones in their rooms and respond to a text a night.



Create a good sleep environment so your teen is getting enough rest. ISTOCK

What does this mean for parents? It is critical that we be the keepers of our teens' sleep.

Here are four suggestions to help your teen sleep better:

Consistent sleep routine

Sleep routines are not just

for little ones. Having regular lights-out and get-up times helps with good sleep hygiene.

Peaceful sleep environment

Consider things you can do to foster a good sleep space. Have the temperature in the home lower at night,

remove as much clutter from the sleeping space as you can, keep the lights low and noise off. Many families find having white-noise machines in the hallways do help improve sleep.

Remove and turn off all mobile devices at night

Establish a time when all members of the family will turn their mobile devices off (studies suggest at least an hour before bedtime is optimal) and remove them from the bedroom. In the case where a cellphone has to be kept on as an emergency contact source, put the phone as far away from the bed as you can. Some families have a "device bin" where all mobile electronics get placed at night for safekeeping. Another suggestion is to have all the devices in a central area like the kitchen, plugged in and recharging. Turn off the Internet connection at night. Many new devices like iPods do have messaging functions, and teens will chat with their friends through wi-fi/wired

Sleep quiz

- How many hours of sleep do teens need to function properly and for good health? Answer: 9
- What is the number of hours of sleep most teens actually get? Answer: 7
- Why are most teens sleep deprived? They have mobile devices/laptops and computers in their rooms overnight.

Internet even if they don't have 3G/4G capabilities on the device.

Be the exhaustion police

Many teens have very little down time between classes, sports, activities, friends, and homework. Talk to your teen about his or her schedule and make sure there is space for rest and fun.

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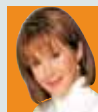
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You know when you get that mid-day craving for a snack? Be careful what sweet treat you reach for because you may be biting into high calories and lots of fat.



Starbucks Outrageous Oatmeal

360 calories / 15 g fat
Oatmeal in cookies is rarely healthy. Sugar and butter make up most of this cookie.

Equivalent

One Starbucks Outrageous Oatmeal cookie is equal in fat to eight low-fat vanilla yogurts with berries.



Bubbies Cinnamon Crunch Biscotti

170 calories / 1 g fat
This delicious cinnamon biscotti is made with little fat and sugar and is a nutritionally better treat.

Put a pep in your step and some peppers in your oven

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1. Preheat oven to 375 F. Line baking sheet with foil; lightly coat with cooking spray.

Ingredients

- 2 cups beef (or chicken) stock
- 1/2 cup brown rice
- 2 tsp vegetable oil
- 1 cup diced onion
- 1 cup canned corn, drained
- 1/2 lb lean ground beef
- 1 1/2 cups canned red kidney beans, drained and rinsed
- 1 1/2 tsp chili powder
- 1/2 each tsp dried basil and ground cumin
- pinch of salt and pepper
- 1/2 cup medium salsa
- 3/4 cup shredded aged cheddar cheese
- 1/3 cup low-fat sour cream
- 1/3 cup chopped parsley
- 4 medium bell peppers



This recipe serves four. ROSE REISMAN

2. In saucepan, bring stock and rice to boil. Reduce heat to low, then cover and simmer 25 minutes or until the rice is tender. Drain any excess stock.

3. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and sauté 3 minutes. Add corn and sauté another 5 minutes or until corn starts to brown. Add ground beef and sauté until no longer pink, about 3 minutes.

4. Add cooked rice, beans, chili powder, basil, cumin, salt, pepper and salsa and cook for 1 minute. Remove from heat and add 1/2 cup of cheese, along with sour cream and parsley.

5. Carefully remove and discard the top from each of the peppers. Remove the ribs and seeds and discard. Place the peppers on the baking sheet and fill them with the beef stuffing. Bake for 25 minutes.

6. Sprinkle with remaining cheese. Bake 2 minutes or just until the cheese melts.

Correction

Thursday's Metro contained ingredient errors in the Sweet Potato Mac and Cheese recipe. The recipe calls for 1/4 cup (60 ml) butter and 1/2 cup (125 ml) grated Parmesan cheese.



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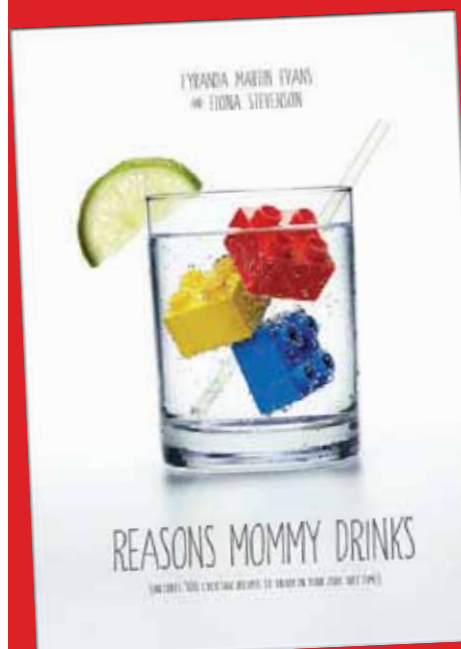
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'Round the world wisdom

Facing adversity?
Invent a purpose

The severe market crash of October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June 2009, followed by the Atacama Crossing in Chile in 2010, and the Sahara Race in Egypt in 2011. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Signing up for a desert race was my way of creating a positive challenge for myself, one I could then use as a tool to tackle other obstacles. I was so determined to complete the desert race that I committed to raising \$25,000 for a charitable cause close to my heart.

But as the long hours of a brutal training schedule took their toll, I fell prey to the law of diminishing intentions. With mounting pain that ultimately culminated in injury, I had to make countless visits to health-care practitioners. My resolve weakened. Seeing my goal slip away, I decided I had enough and called it quits.

The next day I received a large and unexpected sponsorship donation. It was like a slap in the face — and it reignited my commitment to the project.

Once in the desert, I started blogging to raise much-needed funds for the charity. The blog posts caused a sea of supportive emails from family, friends and strangers back home. Every time pain hit and I contemplated quitting, I focused on those emails and found the strength to continue on.

Having a cause helped tether my actions to a higher purpose. Like running, most of life's activities can be solitary; running for others is not. When you face adversity, invent a purpose and grow your own wings.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



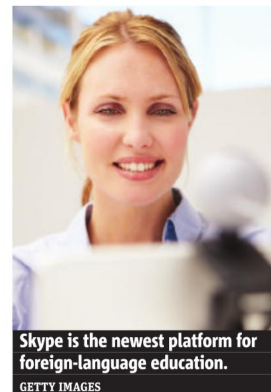
Tying your actions to a cause can keep you motivated when you encounter a discouraging situation. GETTY IMAGES

Skype breaks boundaries in language education

Distance learning. Conversing via web chat is 'amazingly similar to a one-on-one class,' says the founder of Live Lingua

NATALIE SHURE

Metro World News in New York



Skype is the newest platform for foreign-language education. GETTY IMAGES

Skype has already revolutionized the way more than 50 million registered users communicate with faraway friends and family. Now, the web-based video-calling platform may be poised to overhaul foreign language education as well, eliminating barriers like location, money and time.

Ray Blakney started Live Lingua, one of the world's top Skype-based foreign language immersion schools, in 2008.

While learning Spanish through the immersion method in the Peace Corps in Mexico, Blakney came to

understand the importance of practising conversation skills with native speakers — and Skype helps learners connect with such speakers.

"It's amazingly similar to a one-on-one class," Blakney says. "It really feels like you're sitting there talking to these people. You don't have to sacrifice that much."

Live Lingua offers several languages and dialects, and

Limitations of Skype

- "Skype doesn't lend itself to presenting information," says Joseph Miranda, founder of NoteFull, which prepares students for the TOEFL exam, an advanced English proficiency test. "Coupled with a website, then it becomes effective. For writing, you'd be texting back and forth."
- Still, it offers major scheduling advantages for busy adults: "Skype is on 24 hours a day, seven days a week," he said. "So it lends itself to flexibility."

most students are taught spoken communication. Instructors can diagnose their needs as they go. Most students start with at least some spoken proficiency — including Blakney himself, who is brushing up his rusty Turkish with Live Lingua.

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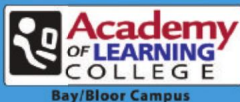
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Series aims to keep dropouts in school

Television. A six-part show brings celebrities such as Suze Orman, Oliver Stone and Swizz Beatz in as professors for at-risk students

ALISON BOWEN

Metro World News in New York

Students are starting a new school year, and one of educators' biggest challenges is keeping them there — and hopefully funnelling them toward college.

A new documentary series, the Sundance Channel's Dream School, highlights what is being called a dropout crisis. The six-part series premieres Monday night and follows students as they learn from an array of celebrities, from musician and producer Swizz Beatz to financial guru Suze Orman and director Oliver Stone.

The 15 Los Angeles students, all ages 17 to 18 — a pivotal age at which students traditionally decide to drop out or stay in school — were either expelled or had dropped out, and each professor tries to spark their interest.

We spoke with Steven Keller, a California superintendent involved with the series, about how the students reacted to their unusual educational atmosphere.

What are some of the challenges of keeping kids in school?

First of all, family engagement. Moms, dads, uncles, aunts, grandmothers, grandfathers need to hunker down with their family members and engage their family members. As a family and as a country, we need to take ownership of

each and every kid to really push them and motivate them to get to school each day and check in on them when they get home from school, make sure they have some accountability when the kids get home, whether a potential dropout or not.

The second piece, of course, is funding. There needs to be more funding specifically for kids that are earmarked as potential dropouts. We as educators need to look at restructuring and reforming how we serve this population. And then the last piece is, we as educators need to assess what works and what doesn't work and adjust and make changes and reflect on our practice. So there are certainly three layers to it that play into this.

What are some of the reasons students give for dropping out?

"My parents, my brother, my mom and dad, don't go to college, and they're doing fine." Usually the excuse a child will give — a student will give — is not reaping the monet-



Swizz Beatz works with at-risk students in Dream School, a new Sundance Channel series. JC DHEIN/SUNDANCE CHANNEL

ary benefits, that they know plenty of people who didn't go to college and didn't necessarily graduate who are making plenty of money. ... (But) we know plenty of people who make a lot of money who are miserable, absolutely

miserable in their lives.

Did anything surprise you in making this documentary?

I think the celebrity teachers genuinely wanted to connect with the kids. All of them

really do. They were nervous, even scared. They would constantly ask for feedback. I'm not saying they all performed brilliantly, I'm just saying they all took their craft seriously. ... No one showed up thinking they were going to wing it.

Signs to look for

What are some of the symptoms of someone who might be at risk of dropping out?

- "A lot of people look at traditional data," says Stephen Keller, a California school superintendent involved with Dream School. "On the other hand, we look at other factors. We look into attendance. We actually look at social emotional assessment with kids, to find out how engaged they are at school. Do the students feel a sense of purpose at school? ... Those indicators tell you a lot."

What different types of styles did students respond to?

Suze Orman came in with business to make. She was ready to go, she was not going to play any games.... The students clearly respond to that style.

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Josh Harrison scores the go-ahead run in the Pirates' 5-3 victory over the Cardinals on Sunday in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES

Bucs waving their flag on high seas

NLDS. Cardinals on the brink of elimination as Pirates take 2-1 lead

Pinch-runner Josh Harrison stood on second base in the bottom of the eighth inning and pointed to Pittsburgh Pirates third base coach Nick Leyva.

"I told him to get that arm ready, because I'm coming," Harrison said.

Moments later, Harrison was streaking across home plate to give the Pirates the lead. Minutes after that, the

Game 3

5

Pirates

3

Cardinals

Jolly Roger that's been a fixture on the Pittsburgh skyline all summer climbed up the flagpole again.

Harrison scored on Pedro Alvarez's tiebreaking single Sunday, sending the Pirates to a 5-3 victory over the St. Louis Cardinals that staked

Pittsburgh to a 2-1 lead in the best-of-five NL division series.

Russell Martin followed with a sharp RBI single against reliever Kevin Siegrist, who took over after Carlos Martinez (0-1) faltered.

The go-ahead single was the latest big hit by Alvarez. He homered in the first two games against St. Louis and is 4 for 10 with four RBIs in the series.

Alvarez also kept the Pirates' famous flag flying high in October. "Raise the Jolly Roger!" is the rallying cry for this wild-card team, now one victory from its first post-season series win since Willie

Stargell, Dave Parker and the "We Are Family" gang won it all in 1979.

"We're continuing to surprise a lot of people, I believe. We're continuing to show people that we're not done, that we're not just happy to be in the post-season," star centre fielder Andrew McCutchen said. "We're fighting to win a World Series."

Heady territory for a franchise that had endured a record 20 consecutive years of losing coming into this season. Six months later, the Pirates are on the cusp of knocking out baseball royalty.

THE ASSOCIATED PRESS

NHL

Flyers flounder in 3rd straight loss

Radek Dvorak scored the winner in the second period to lift the Carolina Hurricanes to their first win of the season, a 2-1 victory over the Philadelphia Flyers on Sunday.

Jay Harrison also scored, Jeff Skinner added two assists and Anton Khudobin made 17 saves in his Hurricanes' debut.

Luke Schenn had the goal for the Flyers, who have opened the season 0-3-0 for the second year in a row. Before last year, Philadelphia had lost its first three games only one other time in franchise history. THE ASSOCIATED PRESS



The Hurricanes celebrate Radek Dvorak's goal on Sunday night in Raleigh, N.C. GETTY IMAGES

Speed skating

Canadian men win gold, women bronze in Seoul

Canada won medals in both men's and women's relays on Sunday at a World Cup of short-track speedskating event in Seoul, South Korea.

The men's team of Michael Gilday, Charles Hamelin, Francois Hamelin and Olivier Jean took gold in the 5,000-metre relay and Jessica Gregg, Valerie Maltais, Marianne St-Gelais and Jessica Hewitt won bronze in the women's 3,000-metre relay. THE ASSOCIATED PRESS

Casey plumbing new depth in pre-season



Raptors forward Rudy Gay drives to the basket during an intra-squad game on Saturday in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

A time of great experimentation is upon the Raptors.

No one has any indication of what the team is or what it will become and as Dwane Casey embarks on this third season as coach, he is anxious to find out.

But because of that uncertainty, and with a much-altered roster of intriguing parts that may or may not fit, Casey will throw out some lineups in the exhibition season that begins in Boston Monday night that may make some people go: "Huh?"

It is part of his grand plan.

Quoted

"Again, we still want to win ... but (this pre-season is) more growing, more experimenting more than anything else."

Raptors head coach Dwane Casey

"I know last year we put a high premium on winning; we played the starters probably way too many minutes," Casey said after practice Sunday. "This

year it's more of seeing who can play, looking at different rotations, different positions."

That is entirely out of necessity, since general manager Masai Ujiri has almost completely remade the team's bench.

The starters are presumably Kyle Lowry, DeMar DeRozan, Rudy Gay, Amir Johnson and Jonas Valanciunas. But the others are an interesting mix of players capable of playing multiple positions and the eight-game pre-season will be used almost exclusively to solving that puzzle. TORSTAR NEWS SERVICE

Carlyle pushes the right buttons in comeback win

NHL.
Shrewd moves help Leafs beat Sens in a shootout

Randy Carlyle gets second-guessed a lot.

The subject of criticism from former players and many others for his style and lineup decisions, the Toronto Maple Leafs coach sometimes gets it exactly right. Saturday night's comeback victory over the Ottawa Senators was a

prime example, as just about every in-game decision he made worked out perfectly.

"Coaches aren't here to, I'd say, cut up wins," he said afterward. "Let's not over-analyze."

No need. His Midas touch moves were very obvious.

Carlyle pulled James Reimer after the Leafs' home-opener starter gave up four goals on 21 shots. Reimer wasn't the problem, but it wasn't his night.

"I think James represented what we were doing as a team, and usually that falls on the goalie," Carlyle said. "I didn't think that our hockey club was playing anywhere near to the level, we weren't competing and I didn't think that the puck was bouncing, the rebounds and the pucks were bouncing away from James Reimer versus bouncing for him, so I made the decision."

All Jonathan Bernier did from the 10:56 mark of the second period on is stop every shot he faced: 15 in regulation and overtime and then two more in the shootout.

GM spends night hospital

Maple Leafs general manager Dave Nonis has been released from a Toronto hospital after spending Saturday night there, according to a team spokesman.

- He was feeling sick during the second period of Saturday's game and saw team physicians.
- As a precaution, Nonis was asked to go to the hospital for further testing.

"I didn't think it was Reim's fault, they just wanted to change the momentum and it worked," Bernier said.

With Mason Raymond and Dave Bolland looking like Toronto's best players, Carlyle put the newcomers with winger Joffrey Lupul, and that line dominated. Lupul even scored on the power play late in the second period on a pass from Raymond.

THE CANADIAN PRESS



Jonathan Bernier celebrates following the shootout in the Leafs' 5-4 win on Saturday night at the Air Canada Centre. RICHARD LAUTENS/TORSTAR NEWS SERVICE



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Ailing Tiger leads U.S. to Presidents Cup victory in Ohio

Golf. As usual, Woods delivers the clinching point by winning singles match 1 up



Tiger Woods on Sunday in Dublin, Ohio. GETTY IMAGES

The Presidents Cup ended Sunday the same way it always goes — an American celebration after Tiger Woods delivered the winning point.

Woods' back flared up on him again in the final hour at Muirfield Village. He still managed to hang on to beat Richard Sterne, 1 up, to give the Americans the 18 points they needed to win the Presidents Cup for the fifth straight time.

It was the third straight Presidents Cup that Woods won the cup-clinching match — all three with Fred Couples as the captain.

"It was a team effort this whole week," said Woods, who went 4-1 for the best record of any player. "We really played well to give ourselves a nice lead." **THE ASSOCIATED PRESS**

DeLaet delivers

His team may have lost, but Graham DeLaet won a lot of admirers.

- The Canadian made a lot of friends and headlines with his play in the Presidents Cup at Muirfield Village.
- DeLaet led the International side with 3 1/2 points after posting a 3-1-1 record.
- He paired with Jason Day to win both of their fourball matches, then the two halved with Phil Mickelson and Keegan Bradley in a foursomes match completed Sunday.

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f t w p



Broncos linebacker Danny Trevathan intercepts a pass in front of the Cowboys' Gavin Escobar on Sunday in Arlington, Texas. The key defensive play stood out in an offensive showdown. SAM SMITH/DALLAS COWBOYS/THE ASSOCIATED PRESS

Romo runs out of bullets vs. Manning

Shootout in Dallas. Broncos and Cowboys post 99 points but key defensive play sets up Denver's winning drive

Peyton Manning and the Denver Broncos stayed unbeaten after Tony Romo made one late mistake in a record-setting game.

Manning kept up his torrid pace with four touchdown passes, and Matt Prater kicked a 28-yard field goal as time expired for a 51-48 victory over the Dallas Cowboys on Sunday.

Romo threw for 506 yards

and five touchdowns, the first 500-yard game in Dallas history, but was intercepted by Danny Trevathan at the Dallas 24 in the final two minutes to set up Prater's winning kick.

The Broncos (5-0) got all the way down to the Dallas 1, then drained the clock to make sure Prater's kick was the final play in a wild game.

The teams combined for 1,039 yards of total offense in the second-highest scoring game in regulation since the NFL-AFL merger in 1970, according to STATS.

Cincinnati and Cleveland combined for 106 points in the Browns' 58-48 win in 2004.

Manning, meanwhile, threw for 414 yards and rushed for a touchdown.

Another record broken

Peyton Manning broke the record for TD passes through five games with his 19th on a nine-yard toss to Julius Thomas in the second quarter.

- Daunte Culpepper of Minnesota held the previous mark with 18 in 2004.

Julius Thomas led the Broncos with 122 yards and two scores, Knowshon Moreno had 93 yards rushing and a TD.

The Cowboys' Dez Bryant had six catches for 141 yards and two touchdowns.

THE ASSOCIATED PRESS

TD streak ended Bengals batter Brady and the Pats

BenJarvus Green-Ellis ran one yard in the fourth quarter for the game's only touchdown, and the Cincinnati Bengals ended Tom Brady's long

streak of touchdown passes on Sunday in a 13-6 victory over the previously unbeaten New England Patriots.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	3	3	0	0	12	8	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Ottawa	2	1	0	1	5	5	3
Florida	2	1	1	0	4	9	2
Montreal	2	1	1	0	7	5	2
Tampa Bay	2	1	1	0	4	5	2
Buffalo	3	0	3	0	2	7	0

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	7	1	4
Carolina	2	1	0	1	4	4	3
NY Islanders	2	1	0	1	6	6	3
Columbus	2	1	1	0	6	6	2
Washington	3	1	2	0	10	12	2
New Jersey	2	0	1	1	3	7	1
NY Rangers	1	0	1	0	1	4	0
Philadelphia	3	0	3	0	3	9	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	2	2	0	0	11	2	4
Colorado	2	2	0	0	9	2	4
Winnipeg	2	2	0	0	10	7	4
Chicago	2	1	0	1	8	7	3
Dallas	2	1	1	0	4	5	2
Minnesota	2	0	0	2	5	7	2
Nashville	2	0	2	0	3	7	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	2	2	0	0	8	2	4
Calgary	2	1	0	1	8	8	3
Vancouver	2	1	1	0	7	6	2
Phoenix	2	1	1	0	5	5	2
Anaheim	2	1	1	0	5	9	2
Los Angeles	2	1	1	0	6	7	2
Edmonton	2	0	2	0	6	11	0

Note: Two points for a win, one point for overtime loss.

Sunday's results

Carolina 2 Philadelphia 1

Anaheim at Winnipeg

Vancouver at Calgary

Saturday's results

Montreal 4 Philadelphia 1

Pittsburgh 4 Buffalo 1

Boston 4 Detroit 1

Toronto 5 Ottawa 4 (SO)

Columbus 3 NY Islanders 2 (SO)

Tampa Bay 3 Chicago 2 (SO)

Dallas 2 Washington 1

St. Louis 7 Florida 0

Anaheim 4 Minnesota 3 (OT)

Vancouver 6 Edmonton 2

San Jose 4 Phoenix 1

Monday's games — All Times Eastern

New Jersey at Edmonton, 9:30 p.m.

NY Rangers at Los Angeles, 10:30 p.m.

NFL

WEEK 5

Sunday's results

Indianapolis 34 Seattle 28

St. Louis 34 Jacksonville 20

Cincinnati 13 New England 6

Kansas City 26 Tennessee 17

Baltimore 26 Miami 23

New Orleans 26 Chicago 18

Philadelphia 36 N.Y. Giants 21

Green Bay 22 Detroit 9

Arizona 22 Carolina 6

Denver 51 Dallas 48

Houston at San Francisco

San Diego at Oakland

Monday's game — All Times Eastern

N.Y. Jets at Atlanta, 8:40 p.m.

WEEK 6

Thursday's game

N.Y. Giants at Chicago, 8:25 p.m.

Sunday's games

Detroit at Cleveland, 1 p.m.

Green Bay at Baltimore, 1 p.m.

St. Louis at Houston, 1 p.m.

Cincinnati at Buffalo, 1 p.m.

Pittsburgh at N.Y. Jets, 1 p.m.

Philadelphia at Tampa Bay, 1 p.m.

Carolina at Minnesota, 1 p.m.

Oakland at Kansas City, 1 p.m.

Tennessee at Seattle, 4:05 p.m.

Jacksonville at Denver, 4:05 p.m.

New Orleans at New England, 4:25 p.m.

Arizona at San Francisco, 4:25 p.m.

Washington at Dallas, 8:30 p.m.

WEEK 6	
Thursday's game	
N.Y. Giants at Chicago, 8:25 p.m.	
Sunday's games	
Detroit at Cleveland, 1 p.m.	
Green Bay at Baltimore, 1 p.m.	
St. Louis at Houston, 1 p.m.	
Cincinnati at Buffalo, 1 p.m.	
Pittsburgh at N.Y. Jets, 1 p.m.	
Philadelphia at Tampa Bay, 1 p.m.	
Carolina at Minnesota, 1 p.m.	
Oakland at Kansas City, 1 p.m.	
Tennessee at Seattle, 4:05 p.m.	
Jacksonville at Denver, 4:05 p.m.	
New Orleans at New England, 4:25 p.m.	
Arizona at San Francisco, 4:25 p.m.	
Washington at Dallas, 8:30 p.m.	

CFL															
WEEK 15															
EAST DIVISION															
	GP	W	L	T	PF	PA	Pts		GP	W	L	T	PF	PA	Pts
Toronto	14	9	5	0	407	370	18	Montreal	14	7	7	0	360	383	14
Hamilton	14	7	7	0	360	383	14	Winnipeg	14	6	8	0	349	385	12
Montreal	14	6	8	0	349	385	12		14	2	12	0	279	459	4
Winnipeg	14	2	12	0	279	459	4								
WEST DIVISION															
	GP	W	L	T	PF	PA	Pts		GP	W	L	T	PF	PA	Pts
Calgary	14	11	3	0	446	323	22	Saskatchewan	14	9	5	0	419	316	18
Saskatchewan	14	9	5	0	419	316	18	B.C.	14	9	5	0	395	350	18
B.C.	14	9	5	0	395	350	18	Edmonton	14	3	11	0	340	409	6
Edmonton	14	3	11	0	340	409	6								
Saturday's results															
Montreal 47 Edmonton 24															
Calgary 38 Winnipeg 11															

MLB	
AL DIVISION SERIES	
DETROIT VS. OAKLAND	
(Series tied 1-1)	
Saturday's result	
Oakland 1 Detroit 0	
Monday's game — All Times Eastern	
Oakland (Parker 12-8) at Detroit (Sanchez 14-8), 1:07 p.m.	
BOSTON VS. TAMPA BAY	
(Boston leads series 2-0)	
Saturday's result	
Boston 7 Tampa Bay 4	
Monday's game	
Boston (Buchholz 12-1) at Tampa Bay (Cobb 11-3), 6:07 p.m.	
NL DIVISION SERIES	
L.A. DODGERS VS. ATLANTA	
(Series tied 1-1)	
Sunday's result	
Atlanta at L.A. Dodgers	
Friday's result	
Atlanta 4 L.A. Dodgers 3	
Monday's game	
Atlanta (Garcia 1-2) at L.A. Dodgers (Nolasco 13-11), 9:37 p.m.	
ST. LOUIS VS. PITTSBURGH	
(Pittsburgh leads series 2-1)	
Sunday's result	
Pittsburgh 5 St. Louis 3	
Friday's result	
Pittsburgh 7 St. Louis 1	
Monday's game	
St. Louis (Wacha 4-1) at Pittsburgh (Morton 7-4), 3:07 p.m.	

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Horoscopes

♈ Aries

March 21 - April 20

If you are bored with the same old places and faces now is the time to make changes.

♉ Taurus

April 21 - May 21

An offer that comes out of the blue may look too good to be true but with Venus, your ruler, moving into the wealth area of your chart today it may pay you to take a closer look. It could be for real.

♊ Gemini

May 22 - June 21

The cosmic balance is shifting in your favour and you should take advantage of it over the next few days.

♋ Cancer

June 22 - July 23

You seem to believe that those you work with are operating according to a hidden agenda and that you alone are being kept in the dark. You need to get over yourself. Can you spell "paranoia"? There's no conspiracy.

♌ Leo

July 24 - Aug. 23

Affairs of the heart are high on your agenda and with love planet Venus moving into the most dynamic area of your chart today you won't hesitate to let that special someone know how you feel.

♍ Virgo

Aug. 24 - Sept. 23

What should concern you now is the bigger picture. What is your place and role in the world? Like everyone you were born with a purpose and a plan and your task this week is to find out what it is.

♎ Libra

Sept. 24 - Oct. 23

Venus, your ruling planet, urges you to raise your sights and accomplish something truly outstanding.

♏ Scorpio

Oct. 24 - Nov. 22

You will get the chance to show a loved one how much you really care for them today. If you are minded to buy them a gift make it something small but tasteful. It's not about how much it costs.

♐ Sagittarius

Nov. 23 - Dec. 21

A great deal of joy is forecast for you over the next few days. Much of it will come from spending time with friends, relatives and the kind of people who accept you for who and what you really are.

♑ Capricorn

Dec. 22 - Jan. 20

The more others urge caution this week the more inclined you will be to take chances – and you'll be glad you did.

♒ Aquarius

Jan. 21 - Feb. 19

Your luck will change for the better today. Why? Because the good things you did for so many people in the past will now start to come back to you.

♓ Pisces

Feb. 20 - March 20

Someone in a position of authority thinks you are the best thing since sliced bread. What have you done to be so highly regarded? Who knows, but you can and you must take advantage of what they offer you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Mr. Jones of The Monkees
- Abodes, hip-style
- Desert hill
- Mars: Prefix
- Funny book
- Swear
- Close at hand, in poetry
- Reddish-brown hair rinse
- Very dry
- Seat for Queen Elizabeth on The Great Seal of Canada: 2 wds.
- WSW opposite
- "Assuming that's true...": 2 wds.
- Unpositive utterance
- Officially choose
- "Dragons' ___"
- Dance step
- Put up with
- Barenaked Ladies' "The Old ___"
- French Sudan, now
- Prices
- Creative
- Ontario town which is the ancient Roman word meaning 'Scotland'
- Bette Davis/Errol Flynn movie, "The Private Lives of Elizabeth and ___" (1939)
- Compass dir.
- Soldier's food-in-a

- packet [acronym]
- Make cake
- Craze
- Enzyme suffixes
- Energy
- 1970 October Crisis: Prime Minister Trudeau's famous quote: 4 wds.
- Sanction
- Aired again
- "___!... I Did It

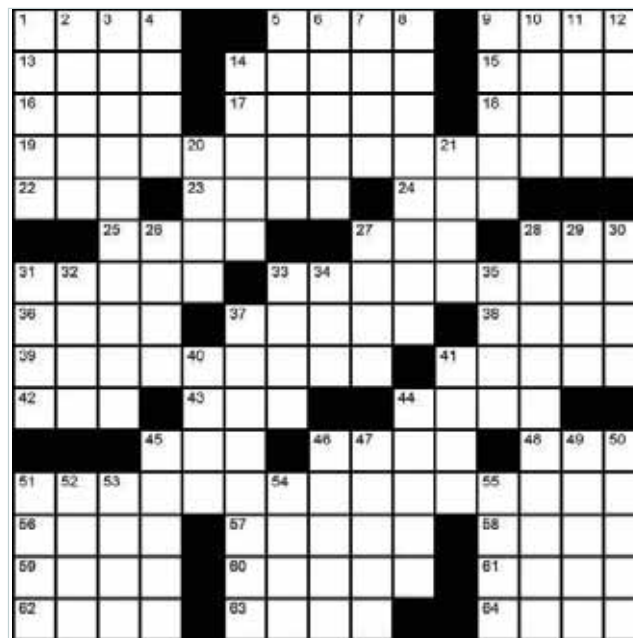
- Again"
- Sentence segment
- Skips
- Not tricked: 2 wds.
- Guitar great Duane
- Puppy's protests!
- Car starters

Down

- Have fun at the

- nightclub
- Dolphin-riding Greek poet
- Alberta town which is east of Edmonton
- ___ National Park, BC
- The Tragically Hip song
- Prenatal test, commonly
- Wilma's pet

- 1981 David Cronenberg horror movie
- Sprint-like
- Eye part
- "Me neither.": 2 wds.
- Washstand vessel
- Fray
- Evening, informally
- Isn't able
- Comical cat's



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- chum
- Stuff collected from research
- ___ Theatre (Saskatoon theatre company named after an ancient goddess)
- Payment in poker
- Greek Myth: Charon's river
- Some old Jeeps, e.g.
- Meadowland sounds
- Super-duper
- Greek alphabet letter
- Jim Carrey movie, "The ___" (1994)
- Casual material
- Music key, ___
- The ___ Coast
- Kidney, and others
- The Snowbirds maneuver
- From Depeche Mode's "World In My Eyes": "Let me take you on ___..."
- Police squads, e.g.
- Beerless beer bottle
- Monetary units in Mexico
- Created carpeting
- Added to income, with hard work
- Grease
- Quasi
- Work in the kitchen

Friday's Crossword

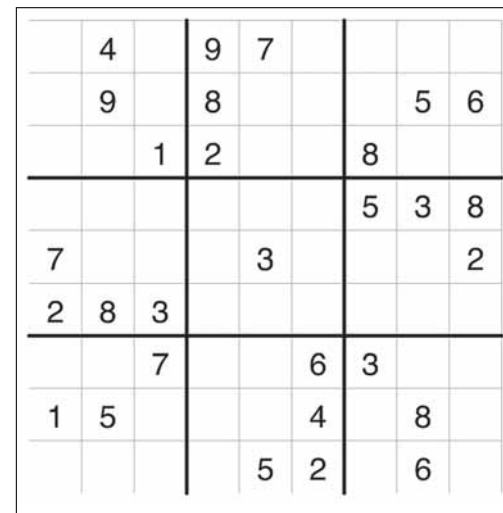


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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